

## **Principles for Managing Operational Stress**



- Proximity** - Manage in close proximity
- Immediacy** - Manage as soon as possible
- Expectancy** - Treat with the expectation of normal recovery

### **Approach for Restoration**

- Brevity** - Short and brief
- Immediacy** - Begin now
- Centrality** - Manage in one location
- Expectancy** - Stress is temporary  
Recovery is expected
- Proximity** - Manage close to unit
- Simplicity** - Rest, Recuperate & Restore Confidence

## **NAVY AND MARINE CORPS OPERATIONAL AND COMBAT STRESS CONTROL PROGRAM**

**PREVENTION**

**IDENTIFICATION**

**MANAGEMENT**

**Taking Care of Our Marines and Sailors!**

# Warning Signs of Operational Stress



Apathy  
Anger  
Confusion  
Crisis of Faith  
Depression  
Fatigue  
Fear & Anxiety



Grief  
Hyper-alertness  
Inattentiveness  
Insomnia  
Loss of Confidence  
Loss of Skills  
Misconduct  
Physical Complaints  
Withdrawal



## WHAT IS OPERATIONAL AND COMBAT STRESS?

The natural result of heavy, mental and physical work when facing danger under difficult circumstances.

### Prevention of Operational Stress

Care for Troops

Drink plenty of fluids

Eat

Get plenty of sleep

Adequate shelter

Rest and recreation

Clean up self and gear

Communication

Awareness & education